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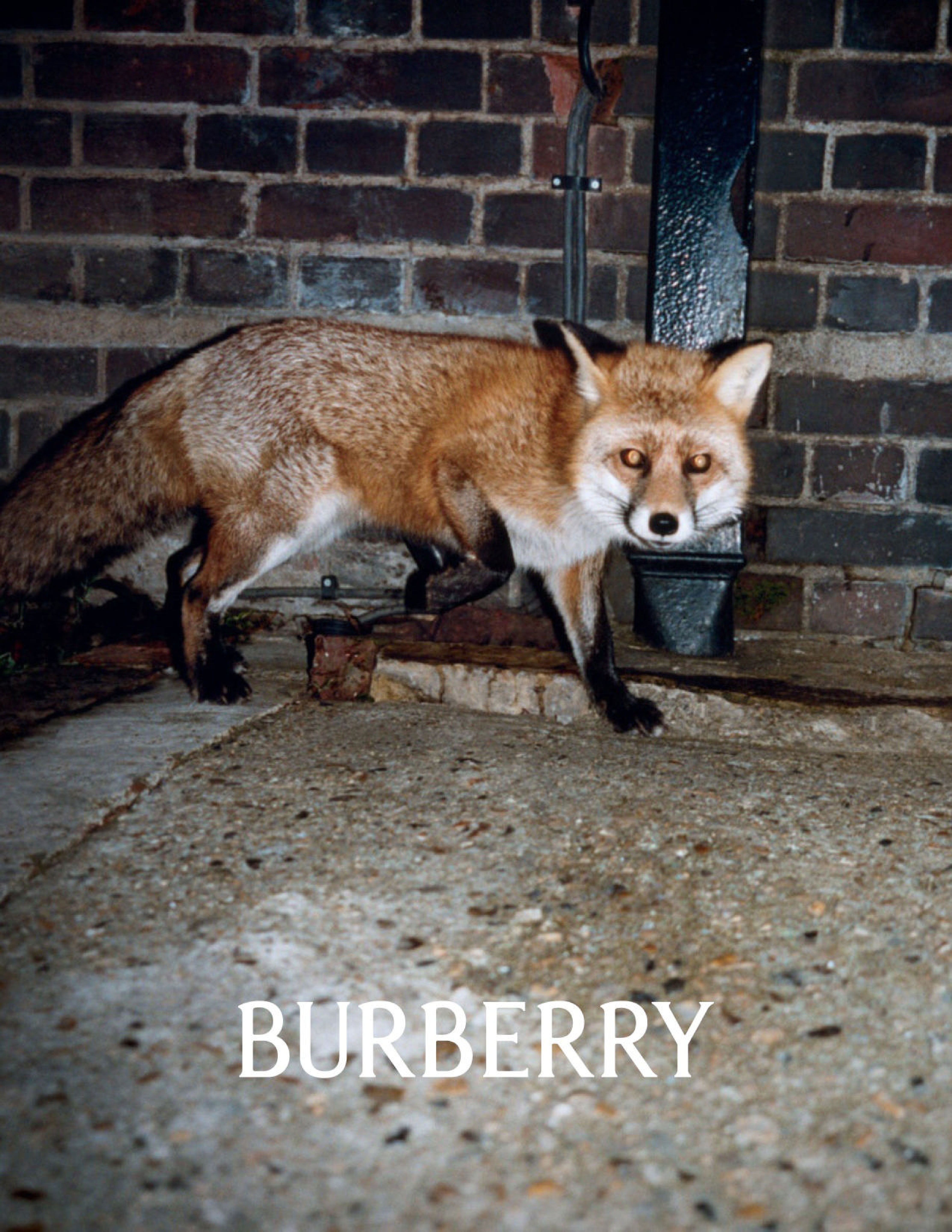
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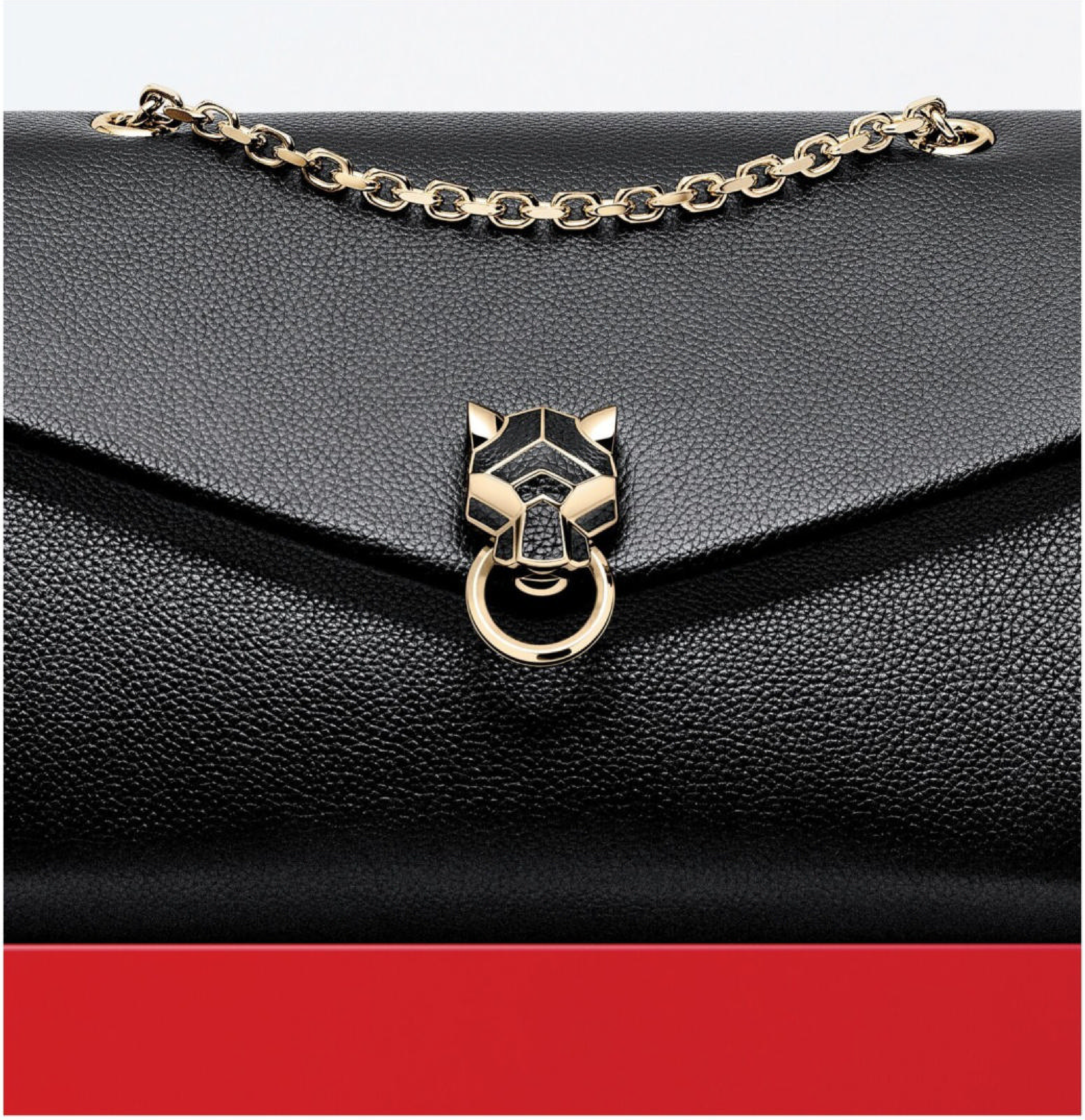

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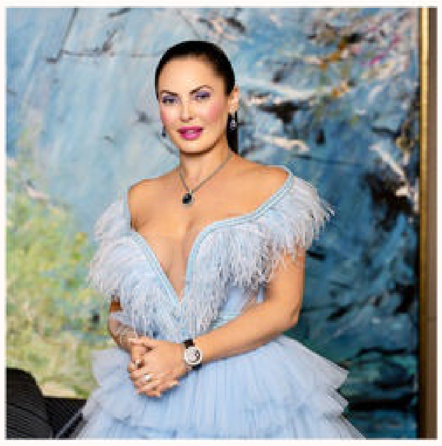

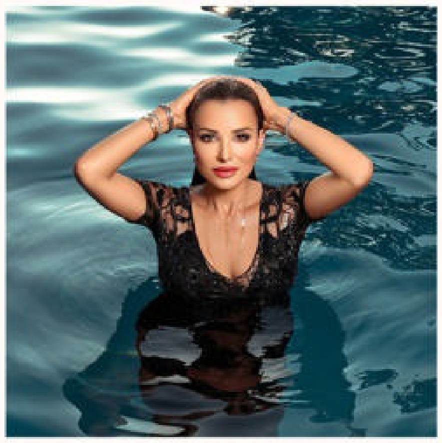

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° Blurb, Inc. London, Gb Benbow House, 24 Southwark Bridge Rd
° Colombia: PLC Creative Studio, Santiago de Cali Unicentro Shopping Center Tower B Level 6,

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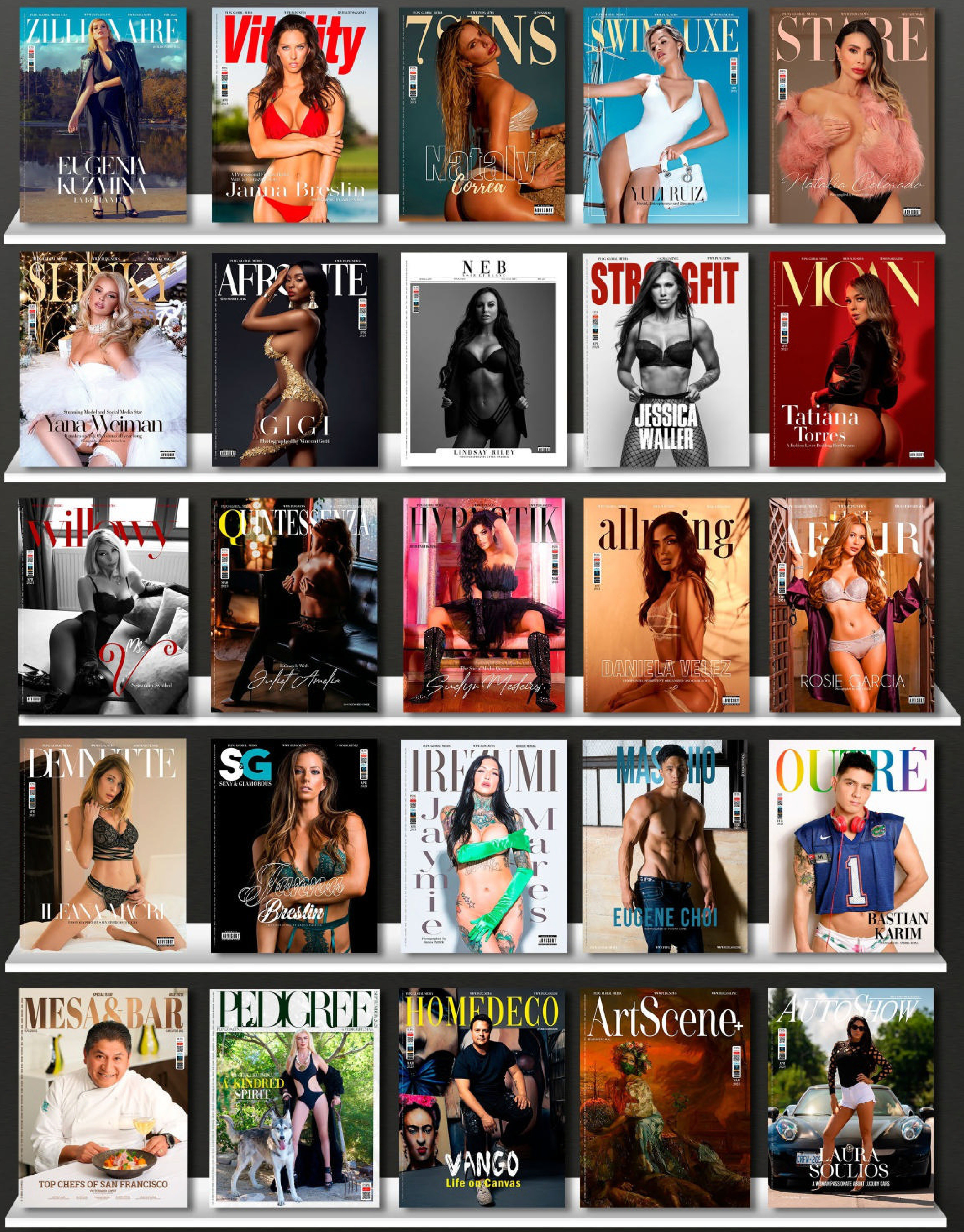
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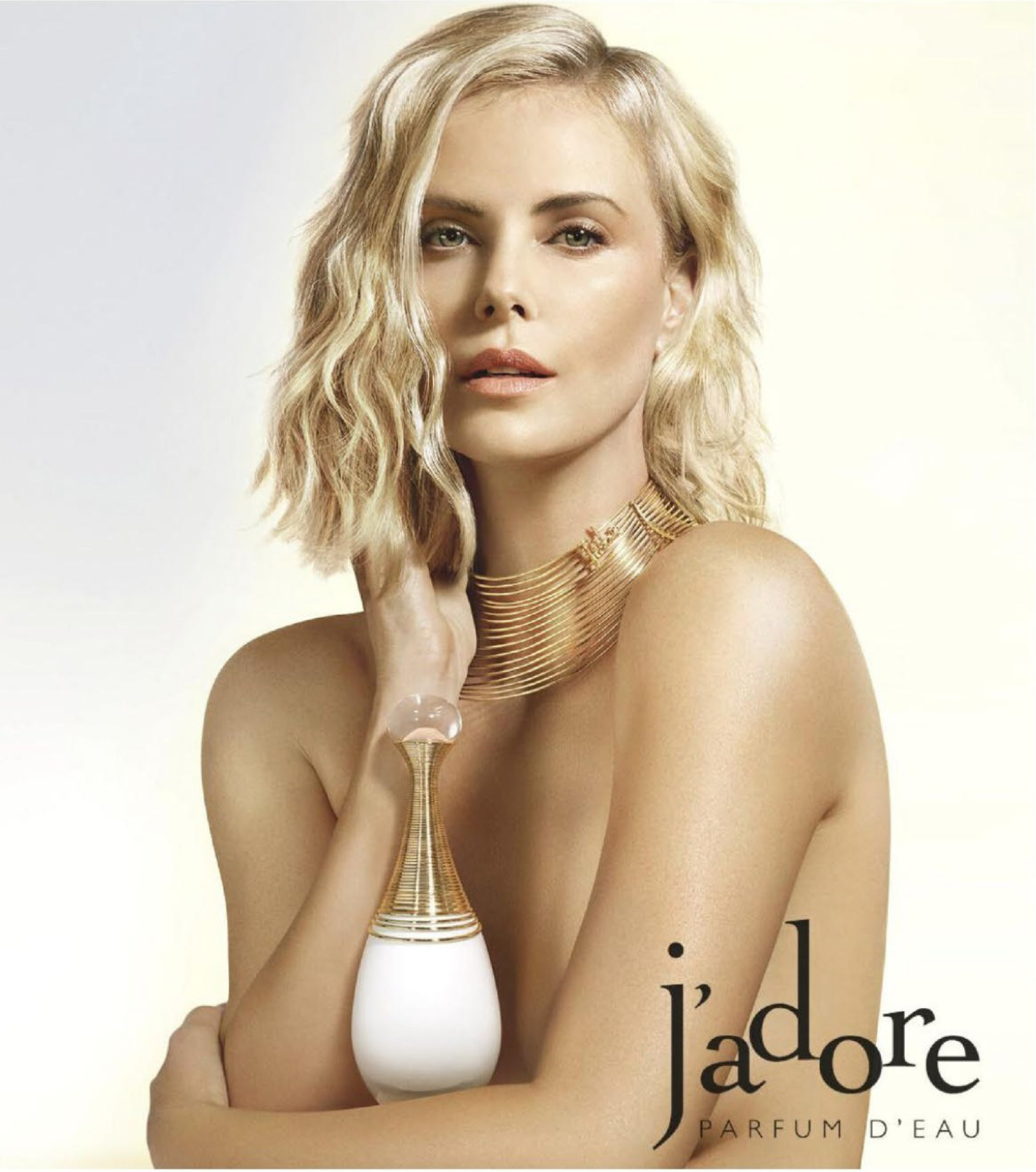
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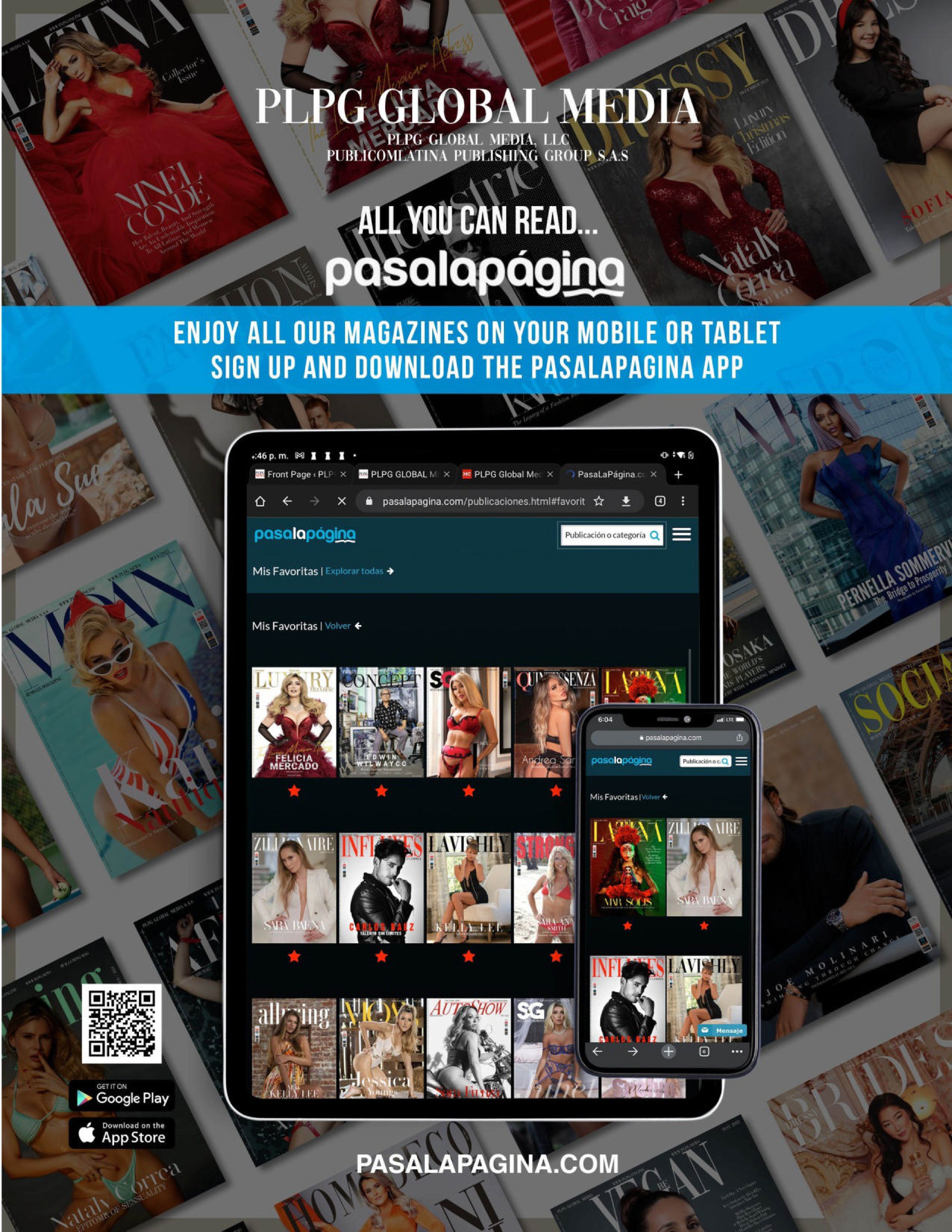

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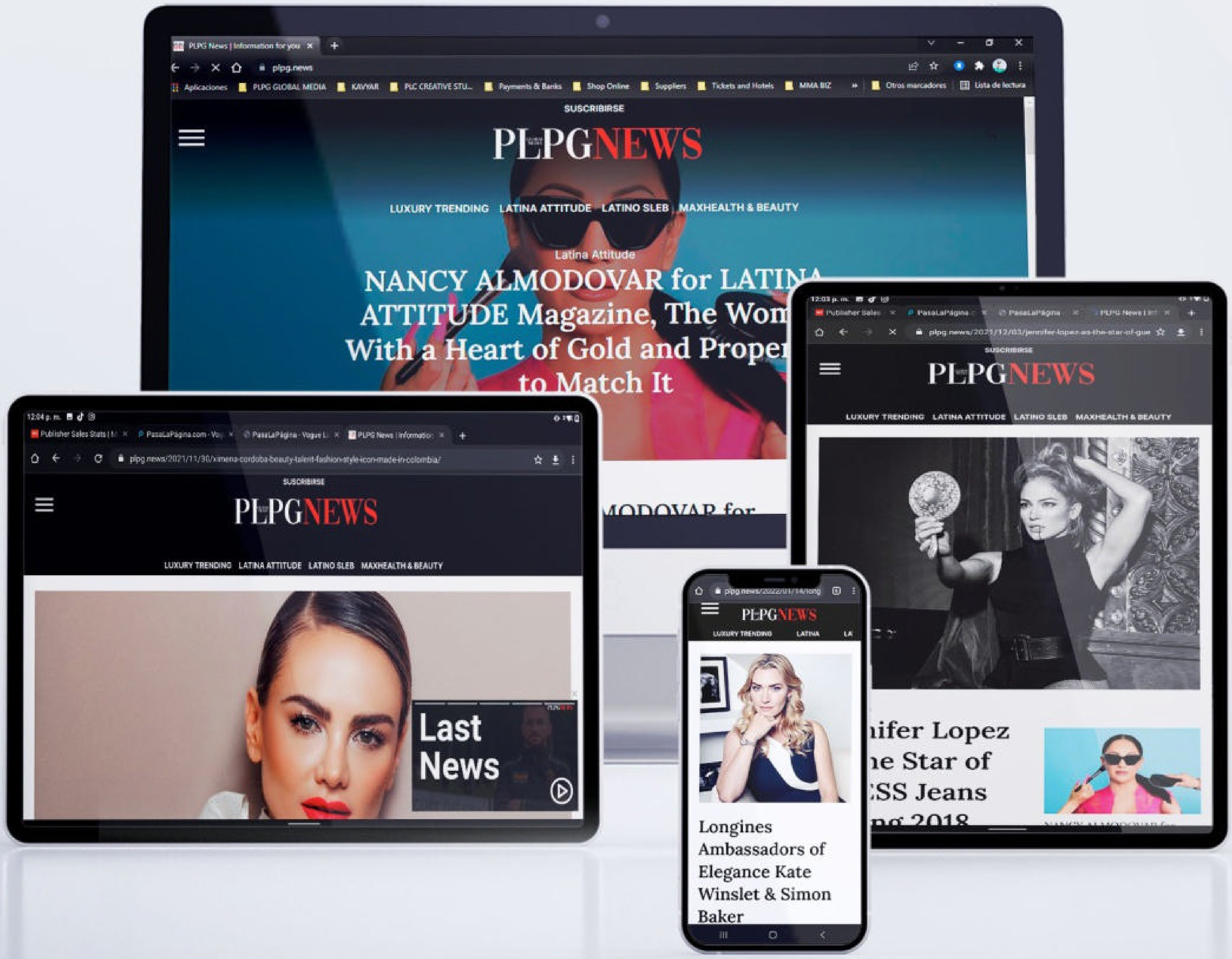
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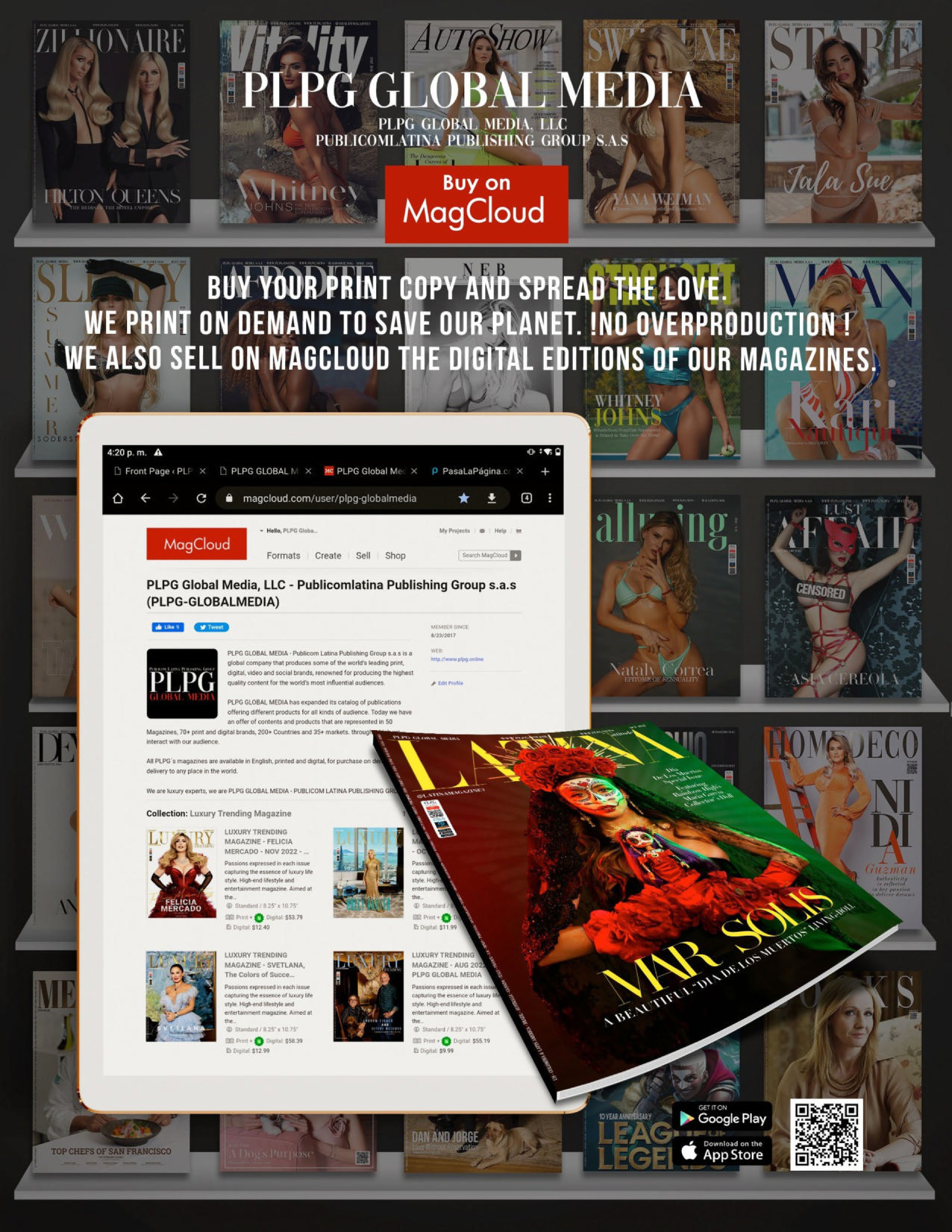
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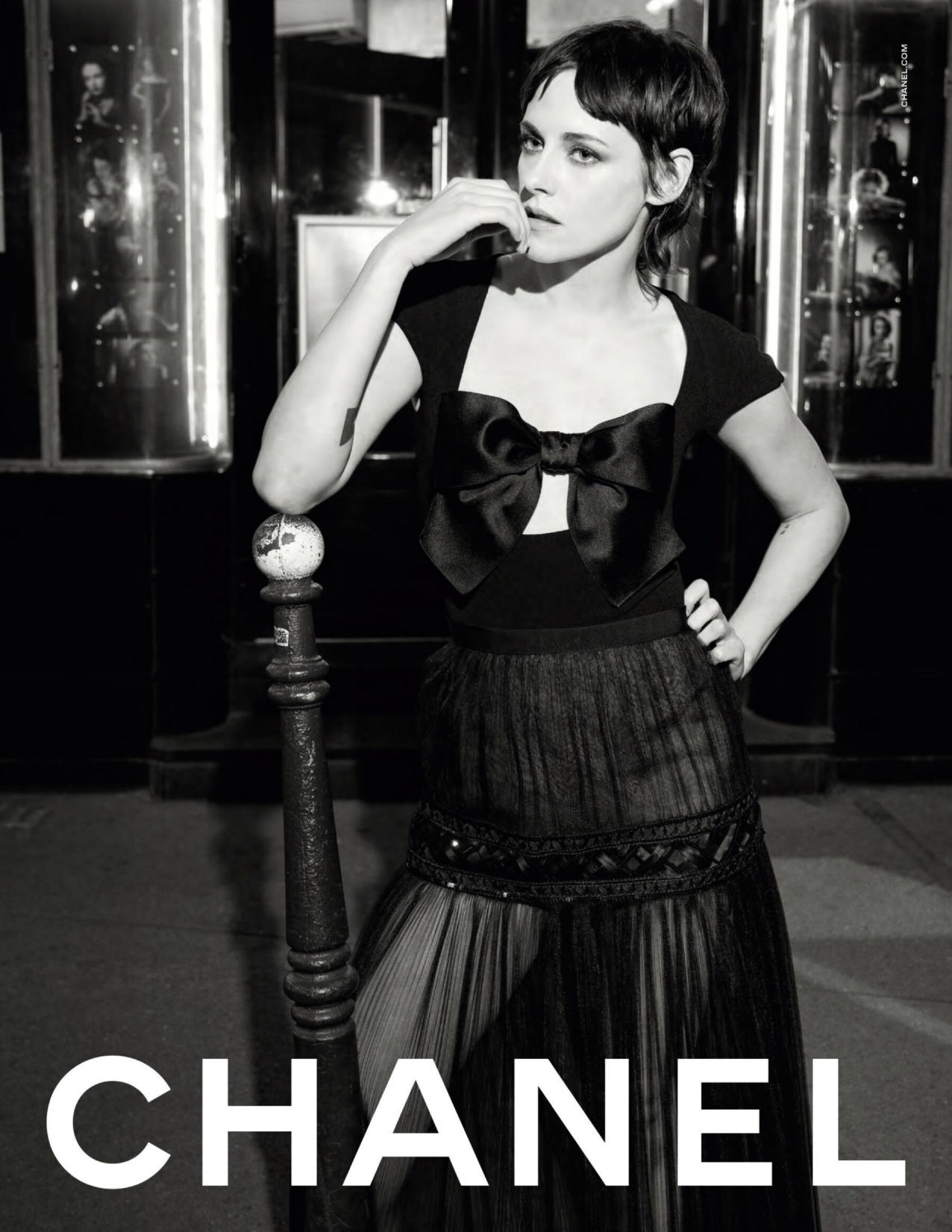
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HMUA:	**ARTEMIO IBARRA**	@art_ibarra
Floral Designer:	**ALAN DO**	@noovobloom
Floral Assistant:	**NAOMI ARCHULETA**	@naomi_archuleta
BTS Videographer:	**RED CHUA**	@theredselection
Art Director:	**NIGEL JOHN DEL MUNDO**	@nigeldelmundo
Photographer:	**VINCENT GOTTI**	@vinniegotti
Jewelry by:	**ROSALINA LYDSTER**	www.jewelrybyrosalina.com

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Fashion Stylist: **JONATHAN SAN JUAN**	@jonathan.designs
Hair Stylist: **BRANDON HOFFMAN**	@brandonjh
MUA: **ANDREA OROZCO**	@artistrybydre
Featured Jewelry Designer: **BARBARA LEE SYCIP**	@barbaraleedesignsltd
Featured Pastry Chef: **DORENE TAN MUZII**	@bychefd
Videographer: **CineCTRLMedia**	@cineCTRL
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Photographer: **VINCENT GOTTI**	@vinniegotti
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GIORGIO ARMANI

Credits:
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IRINA TALAMBAT @irina_talambat

Photography: CRISS JARAMILLO PHOTOGRAPHY
@crissjaramillo_photography
Makeup: DORA NUNES @doranunesbeauty

IRINA TALAMBAT

SARA BAENA

YOGA, More than a lifestyle!

SARA BAENA

Sara Baena is a very recognized model , artist and philanthropist.

Being in the model industry so long time have her the opportunity to create her own business. She has a great social community.

Sara is originally from Medellín, Colombia. She studied psychology in a very prestigious university, she got her diploma and worked for a while helping teenagers. But her great successes came in the model industry.

She was also developing a career in this field, that is not easy and she did in a very professional way. She was part of some model agencies during different periods and once, she learned enough she became independent as a model , and sometimes she uses the service of a manager.

For 13 years Sara did not stop working as a model. And at the same time she got married and had a kid.

She started to develop her modeling carrier even farther, including her lifestyle. She started to create unique content for her public. She was putting her daily routines with yoga, wellness and mom's life tips. As psychologist she also, as we know, she launched a book that talk about healing body and mind that is available and she is working on the translation to English so she can share it with her public in the US community.

"A powerful mindset can achieve everything"

When did you started doing yoga?
I started doing yoga 15 years ago. Since then my whole life changed for good.

What do you like the best about yoga?
What I love the most is the spiritual connection with the universe. We can experience this connection within our body.

How did your life changed after starting doing yoga?
It helped me to build self esteem. I was struggling with my own feelings, I just couldn't control them very well; so once I started doing yoga, I started to listen to my own feelings, thoughts and sensations and I just wanted to keep doing this amazing practice.

What do you recommend for those who want to start this practice?
I highly recommend to start with professional guidance definitely. Is very important to learn from someone that is an expert in this field.
I did took classes in the beginning, I remember I just went to my local gym and they had a great teacher, after that I hired a professional for several years and then, I was able to be independent in my practice and finally I got certified as a yoga instructor.
Yoga is a journey, and everyone takes this journey very different. There is no right or wrong; it's personal.

Tell us more about your routine.
Ok, first thing in the morning, for me is important to do some exercises to prepare the body for yoga; after that I setup an intention for my practice. My practice is usually about 30 min in total and I finish with meditation.

How meditation helps you?
It helps for me to build a meaningful life and meaningful relationships. It also helps me to protect myself and be aware of the present.

IRINA TALAMBAT

Hi Irina, why don't we tell our readers a bit about you please.

Aside from being a gymnastics athlete, I've been fortunate enough to showcase my talents in various venues such as NBA Half Time Shows, Cavalia show, and Vegas the Show at Planet Hollywood, Las Vegas. I've also been able to share my passion and knowledge for gymnastics by coaching others for the past 15 years. However, I'm most proud of being a loving wife and mother to my two wonderful children. My family is my greatest accomplishment, and I'm so grateful to be able to balance my carreer aspirations with my personal life.

How did you started in gymnastics?

I always loved being active and trying new things, so gymnastics came in as a great way for me to build strengh, flexibility, and coordination. I attended my first class and immediately fell in love with the sport. From then on, I worked hard to improve my skills and compete in national and international competitions. Gymnastics has not only kep me in great shape, but it has also tought me determination, discipline and teamwork.

Also, being an athlete runs in my family as both of my parents were former athletes themselves. Their passion for the sports inspired me to continue my journey in sports as well.

What is your favorite part of gymnastics life?

My favorite part of gymnastics was the opportunity to build strong friendships and learn about the importance of balancing both my mind and body. Through the sport, I was not only able to further develop my physical abilities but also learn valuable life skills such as determination and perseverance. Overall, gymnastics has been an incredible journey that has enriched my life in countless ways.

Tell us some tips for nutrition for people that does gymnastics

It is important for gymnasts to have proper nutrition plan to support their physical activity and training. I suggest consuming enough calories, choosing lean sources of protein, focusing on complex carbohydrates, hydrating properly, not skipping meals, and avoiding processed and high sugar foods. These tips are important to maintain sustained energy levels and overall health.

Gymnasts require a lot of energy for training and competitions. Make sure you're consuming enough calories to meet your energy needs.

Protein is important for building and repairing muscle tissue. Choose lean sources of protein, such as chicken, turkey, fish, eggs, and low-fat dairy products. Vegetarians can get protein from sources like beans, tofu, and quinoa.

Focus on complex carbohydrates. Carbohydrates are important for providing energy. Choose complex carbs like whole-grain bread, brown rice, quinoa, and sweet potatoes over refined carbs like white bread and sugary snacks.

Hydrate properly. Make sure to drink plenty of water before, during and after training sessions. Dehydration can affect your performance and increase the risk of injury.

Don't skip meals. Stay on a regualr meal schedule. Skipping meals can lead to low energy levels and decreased performance.

Avoid processed and high sugar foods. Process and high sugar foods can provide a quick burst of energy, but they won't sustain energy levels for long. Instead, focus on nutrient-dense, whole foods that provide sustained energy and support overall health.

What is your mindset when you practice

Over the years I've learned that is important to develop a positive and resilient mindset when practicing gymnastics.

Building resilience. When you practice gymnastics, you will inevitably face challenges, setbacks, and failures. But these experiences are opportunities to build resilience - the ability to bounce back from adversity. Instead of getting discouraged or giving up, you can choose to view these chalenges as learning opportunties and use them to make yourself stronger and more determenied.

Embracing the journey. Gymnastics is a process, and it's important to appreciate every step along the way. Each turn and practice is a chance to learn and improve, and even the memories of past achievements can help motivate you to keep going. By focusing on the present moment and enjoying the journey, you can stay positive and motivated, even when progress is slow ro setbacks occur.

Consistency and discipline. What you do every day matters. Practicing consistently and with discipline will help you develop the habits and skills you need to reach your goals for yourself. By making a plan, and committing to your training, you can build the consistency and discipline you need to succeed.

Finding joy in the process. Finally, it's essential to love what you're doing. If you don't find joy in the process of practicing gymnastics, it will be hard to stay motivated and committed over the long haul. So, focus on what you love about the sport, the feeling of your body moving in new and exciting ways, the thrill of nailing a difficult skill, the camaraderie of practicing with teammates - and let that joy fuel your passion for gymnastics.

Tell us why is so important to stretch and how often we should stretch our muscles

Stretching can help prevent injuries and enhance athletic performance by increasing range of motion and improving muscle elasticity. It can also promote relaxation and therefore reduce the risk of stress related conditions such as anxiety and insomnia.

In terms of frequency, stretching should idealy be done every day, particularly if you have a sedentary lifestyle or work at a desk for long periods of time. If you exercise regularly, it's also important to stretch before and after your workout to prevent muscle strain and injury.

When stretching, it's important to focus on major muscle groups, such as calves, harmstrings, shoudlres, neck, and lower back. Each stretch should be held for at least 15- 30 seconds, and avoid bouncing back as this can cause damage to the muscles.

Overall, stretching should be an integral part of your daily routine, as it can provide numerous benefits for the body and mind.

> "Gymnastics has not only kep me in great shape, but it has also tought me determination, discipline and teamwork. "

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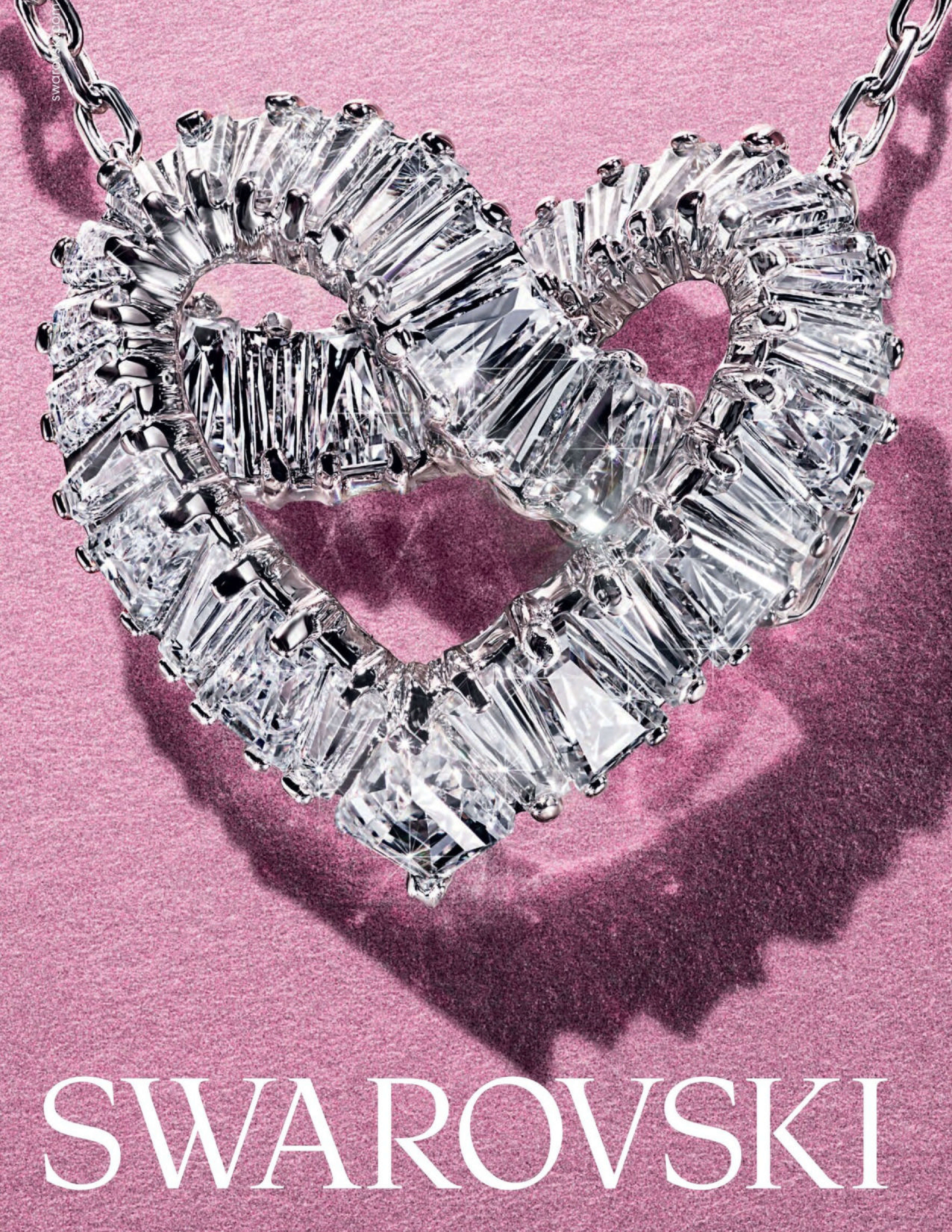
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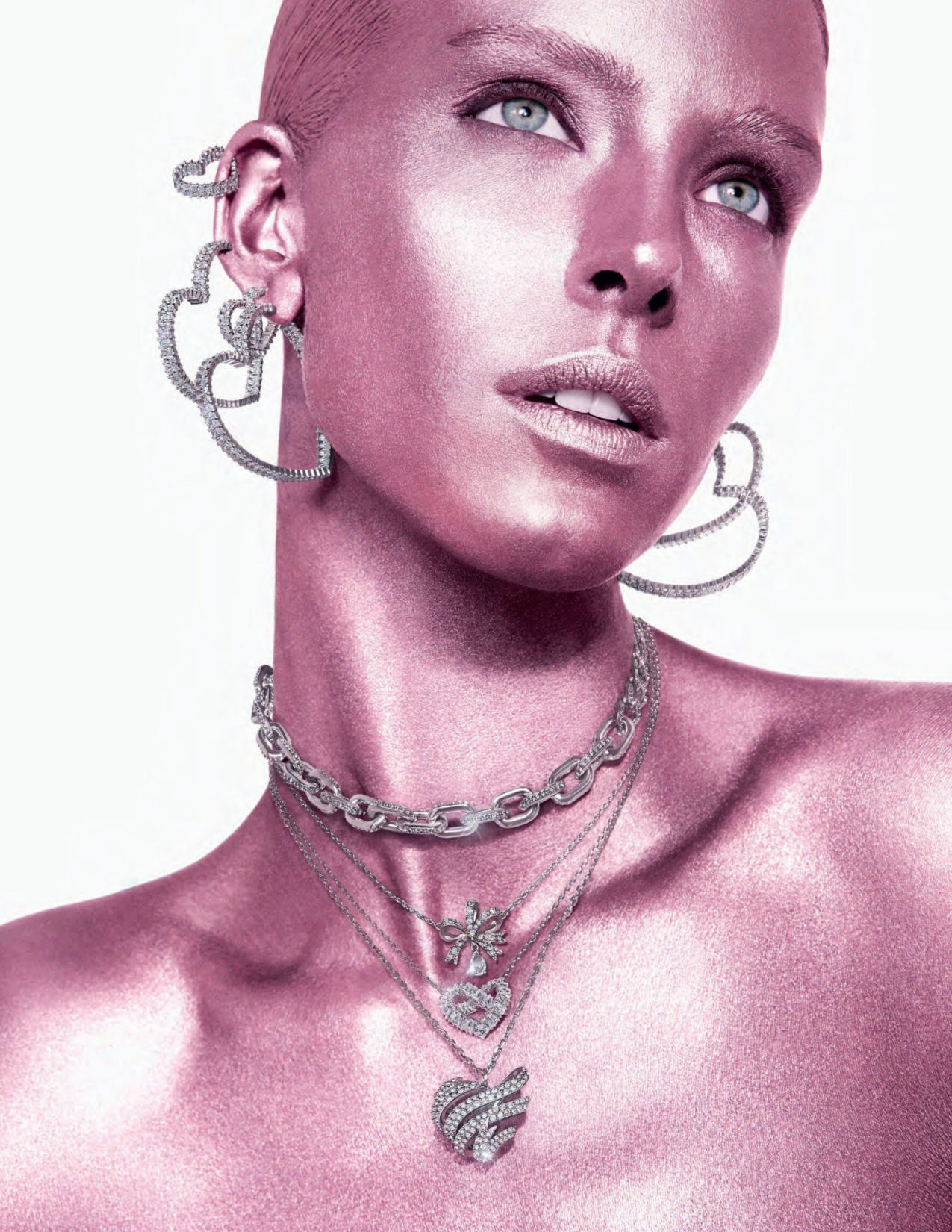

MARIA MONCADA ALAOUI

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and **SEAN JAN VELANO** @janvelano
Hair Stylist: **SIMON TORREZ**
Creative Director: ROSALINA TRAN LYDSTER @rosalinalydster
Jewelry By: **DIAMANTE BY ROSALINA**
Rosalina's Assistant: **JASMINE NGUYEN** and CHIEU ANH NGUYEN
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Photographed at: **CIEL Restaurant & Lounge in Houston TX** @cielhtx

Maria Moncada Alaoui

Maria Moncada Alaoui is the General Manager at BMW of West Houston. Starting in the automotive industry in an administrative role more than 25 years ago, she worked her way up to management and has been with BMW for 15 years. In her current role, she is responsible for the operational and financial oversight of her dealership, as well as customer and associate satisfaction.

A long-time Houstonian, Maria is passionate about giving back to the community and is involved in multiple organizations, including Women Driving Business, the Houston Food Bank, and the Houston Texans Foundation. She serves on the advisory council of Altus Global Network, on the board of the Latino Learning Center, and recently was asked to join the board of KNOWAutism. Her favorite charities, the ones closest to her heart, are those focused on children in need. She serves on the board of Houston Children's Charity, and for the past 15 years, she and her dealership have contributed a brand-new BMW to the HCC auction at the organization's annual gala.

As part of a tribute to Hispanic women, Maria has been recognized as Executive of the Year by Houston Mayor Sylvester Turner. She was named one of the Top 30 Most Influential Women in Houston by d-mars and led her dealership in being recognized as the 2021 and 2022 Top BMW Dealership, as well as the "Best of the Best in 2020" by the *Houston Chronicle*.

Maria has been fortunate to have many positive role models and mentors, but none more influential than her parents. "Certainly, the biggest influencers in my life have been my parents. They set an example of hard work, determination, integrity, strong faith, and encouraged me to always give the best of myself to the world, because the best will always come back."

Maria attended the Dealer Academy through Sonic Automotive's Leadership program, which prepared her to be a leader and to operate a large, successful automobile dealership. Attending San Diego University's fellowship program, Shakti Leadership, was an honor, a challenge, and a high point in Maria's career. She's received certificates through several universities, including the MIT-Digital Marketing, Wharton Aresty Institute of Executive Education Leadership Program, and the Disney Academy.

Born in Honduras, Maria's first language is Spanish and she's one of seven children. She's an avid learner, and also plays the clarinet.

Maria is married to Omar, whom she calls her strongest supporter and her constant source of encouragement. She enjoys spending time with her amazing stepson, as well as her extended family and enjoys long road trips with her family, traveling in style in The Ultimate Driving Machine!

One of Maria's mentors told her, "Excuses are no more than an admission to failure." It's a lesson she took to heart and lives by daily. Maria says, "Whenever we begin to make excuses for why something didn't work, we've already admitted defeat. Instead, we should use our energy to focus on what it takes to make it happen."

The advice Maria shares with others: Dream BIG. Commit to those dreams. Be Bold, Be Brave, Be Daring. Within you is the power to lead and make a positive difference. Don't play small! Always give the best of yourself, and the success and money will follow. Be willing to do things that are inconvenient and uncomfortable. It's the only way to grow. Have a relentless commitment to your goals, and don't quit! Too many people give up too soon. They fail ahead of time. If they had just stuck to their goal a little longer, they would have found success.

If someone were to make a movie about Maria, the lead role would be played by Michelle Rodriguez, someone she's been told she looks like. And, Maria loves the role Rodriguez plays in "The Fast and the Furious." It reminds her of what she does when she's at the performance center driving BMWs!

PETRA BERGSTEIN HIGBY

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Petra Bergstein-Higby

Petra Bergstein-Higby is the President and co-founder of the San Francisco, California based, The Caviar Co. When she and sister, Saskia started the company, their mission was to make caviar "more approachable." The Texas natives also opened a champagne and caviar-tasting room in Tiburon, California. Those who know her best would not be surprised to learn Petra was happy to remain in the background during the grand opening event, in the kitchen doing dishes. "I love people and enjoy being around them, but I also need a timeout here and there!"

Originally from Lubbock, Texas, Petra attended Texas Tech University, and majored in Speech Language and Hearing. After graduating, she spent the summer with her aunt in Carmel, California, and enjoyed her time there. So much so that Petra and Saskia decided to move to San Francisco together, jobless and without a place to live. However, they had their large, Bernese Mountain dogs. "My dad has always been my biggest influence, and one might say Saskia and I struck out on our own path the way he did." Petra's father is originally from Holland, and moved to the U.S. without a job. "My dad has accomplished the American dream through extremely hard work, early mornings, and solid ethics. I always knew that I wanted to make him proud, and show him how much I appreciated his hard work by achieving my own success, and not living off of his."

It wasn't long before the sisters found a place to live, and Petra found a job with a caviar company. Saskia began working with a wealth management firm. The experience of working at that employer's caviar farm near Sacramento proved invaluable for Petra. She learned more than she ever thought she wanted to know about caviar. Everything from spawning and processing, to packaging, marketing and sales.

In 2016, Petra and Saskia took their savings and opened The Caviar Co. in a San Francisco office building. They bought an oversized commercial refrigerator, and started selling caviar wholesale to restaurants and chefs.

One who describes herself as "shy, and most comfortable staying behind the scenes," Petra is an active member in the community. She's on the San Francisco Yacht Club Auxiliary Board of Directors, and is a St. Francis Yacht Club Dining Committee Member. She is also a member of the Diekemper Family Foundation. Recent honors include Outstanding Foundation Award given by the Lubbock Association of Professional Fundraisers.

Her dedication to philanthropy is evident in the list of nonprofits she supports, including the Reed Schools Foundation, Operation Smile, San Francisco Symphony, Hair to Stay, and the South Plains Food Bank.

The advice Petra commonly gives is "to slow down and put one foot in front of the other to get a large task done. It's really amazing what we can accomplish if we just prioritize and do our best to check one item off our list at a time. It's just like dancing. A dance is really just one move or count at a time that flows together to produce a beautiful routine."

If someone were to make a movie about Petra's life, she'd want Cameron Diaz to have the lead role. "I love the role Cameron played in 'The Other Woman.' She was a true, independent boss babe and I could only dream of something like that."

Petra and her husband Alex are the proud parents of a 3-year-old girl and 9-month-old boy.

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CHRISTIAN DIOR
DIOR

DIOR GARDENING
SUMMER 2023

At Dior, the models walked in a garden full of flowers

It was the most anticipated show of this fourth day of Fashion Week. Head to the Val de Grâce, in the fifth arrondissement of the capital, where Kim Jones unveiled his spring-summer 2023 collection for Dior. While he continued to pay tribute to the heritage and expertise initiated by Mr. Christian Dior, the designer has designed his wardrobe in the continuity of last season's show, which celebrated the seventy-five years of the house.

Between Christian Dior and Duncan Grant

"For both Christian Dior and Duncan Grant, their homes, their gardens and their personal environments were so important to their creativity. It was these meaningful, private spheres that were translated into their work and became public," says Kim Jones. This season, there is no collaboration per se, but rather a tribute to one man: the painter Duncan Grant. Kim Jones conceived the collection as a journey between time and space, from Paris to the French countryside, specifically Granville, Christian Dior's hometown, via Sussex, to Charleston, the Scottish artist's home. This dialogue was already felt as soon as the doors of the cube housing the fashion show were crossed, where a gigantic garden populated by hundreds of flowers of a thousand colors served as a catwalk for the models.

A bucolic fashion show

"Here, we are mixing the utilitarian, natural and gardening elements with stylized, luxurious, new look facets and Duncan Grant artworks in the collection". To design his collection for Dior, Kim Jones had the opportunity to delve into nearly 10,000 archival pieces. Like the setting, the show featured pieces with bucolic charm, punctuated by natural colors ranging from pastel shades, blue and green, to pale pink, symbolic of gardening, walking and fishing.

Like last season, the designer played on formal/informal co

CHRISTIAN DI

des, with double-breasted coats paired with shorts and hiking boots. We also found the Bar suit jacket, combined with cycling shorts or a hiking backpack, but also a kind of ultra-desirable apron placed casually on the models, while the work of Duncan Grant, created in 1913 and entitled Lilypond Screen, embellished technical fabrics.

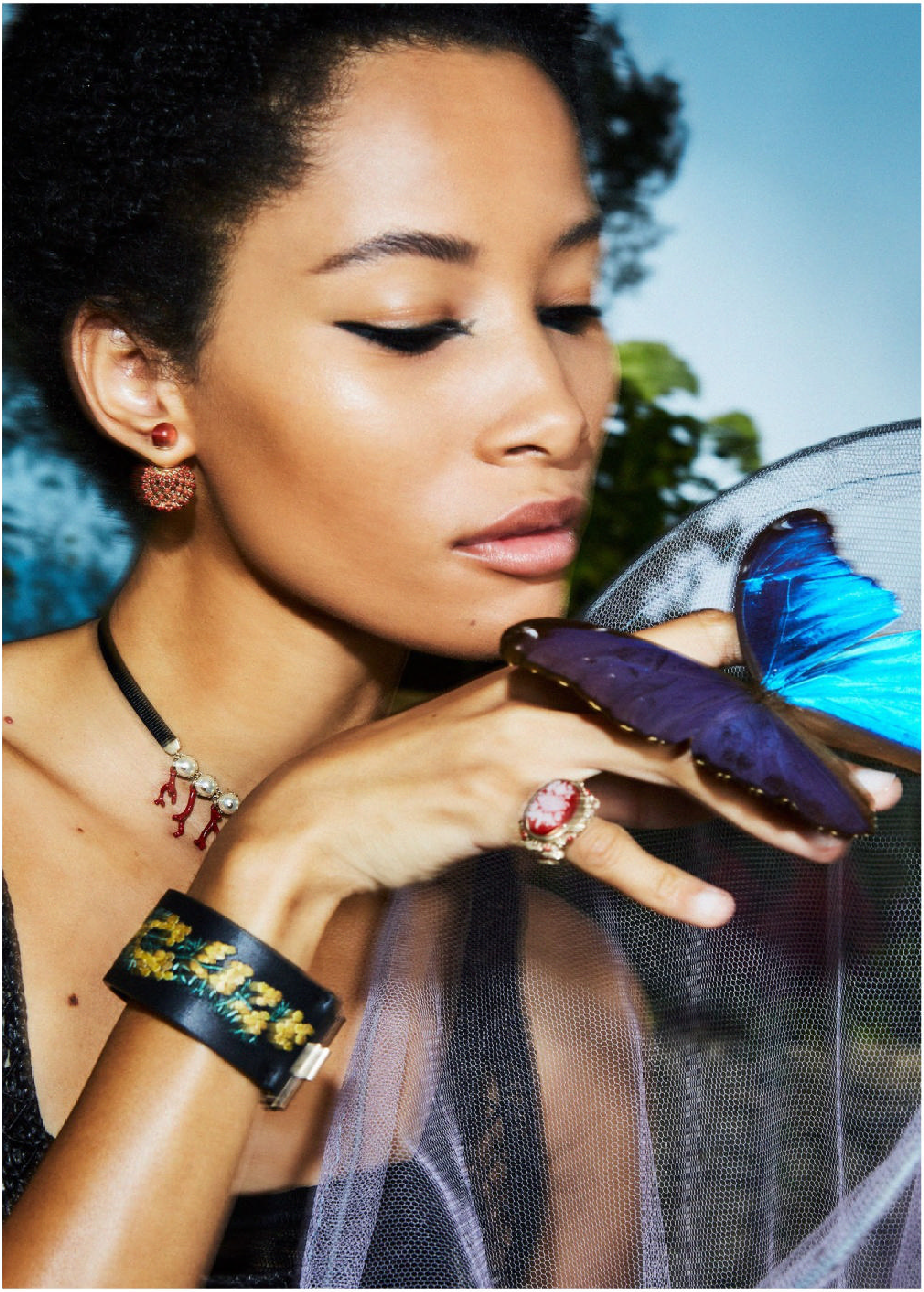
As for accessories, Dior's workshops worked hand in hand with the outdoor brand Mystery Ranch to design new Saddle, bum bags and functional backpacks. We loved the Pergola gardening hats designed by Stephen Jones, layered over baseball caps. Once again, Kim Jones stirred up envy.

CHRISTIAN DIOR
Christian Dior

Papaver

DIOR
CHRISTIAN DIOR
PARIS

CHRISTIAN DIOR



GOOD DAY SUNSHINE

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HONORING WOMEN OF INFLUENCE,

Houston's Model of the Year Awards Raises Money for The Doll Foundation

Photography by: **Henry Adegbite**, Visual Influence

Harriet Gertner

Co-chairs Qiana James and Rosalina Tran Lydster set out to honor and celebrate Women of Influence, and also raise money for The Doll Foundation – the nonprofit which educates and provides resources to seniors and caregivers. That they did; and also elevated the gala experience for the 250 guests in attendance.

As guests anxiously waited to enter the newest edition to the River Oaks District, Ciel Restaurant & Lounge, dressed in their finest Met Gala-themed attire, they were greeted by Model of the Year Awards committee members and in full view, the upcoming years' 'ultimate driving machine,' the 2023 BMW 7 series sedan. Guests also made 360 videos.

Guests walked the Red Carpet and struck poses for photographers before being escorted into the French and Japanese inspired venue. An aerialist performed eye catching acrobatics, while pouring champagne as guests viewed silent auction items, Jewelry by Rosalina, Danny Nguyen Couture, and sipped on refreshments and cocktails.

The elegant voice of singer Lady Laurana was the cue for guests to be seated and the program to start. Reality star and producer Alexis 'Fly' Jones welcomed guests and introduced the co-chairs. Suddenly, music switched on as the Ciel dancers appeared, and gave a roaring performance that began on the platform in the center of the dining room, and ended at the front of the restaurant in the raised VIP section.

While guests enjoyed a multi-course dinner, honorees Johnte' Archer-Adotama, Petra Bergstein-Higby, Melanie Dinh, Perla M. Guerra, Lissette Kadlecek, Dr. CleRenda McGrady, Maria Moncada Alaoui, April M. Salazar, and Victoria Tai were each recognized and presented with awards. The beautiful and timeless legend herself, Harriet Gertner received the Model of a Lifetime Award.

Later on, auctioneer Johnny Bravo engaged the crowd in exciting bidding. Capping off the evening were a performance by Lady Laurana, socializing, and dancing. The inaugural Gala raised $72,000.

Some of Houston's familiar faces were also in attendance, including Mama Mai, Deborah Duncan, Samantha Havenstrite Miss Houston, Sami Khaleeq, Debra Laws, Terri Ho, Crystal Sarmiento, Roslyn Bazzelle Mitchell, and John & Anna Reger.

Co-chairs Qiana James, Rosalina Tran Lydster

Blanca Lozano, Roslyn Bazzelle Mitchell, Celerina Dugat, April M. Salazar, AnnMarie Benard, Marissa Walsh

Martin Lydster, Samantha Holsomback, Mama Mai, Rosalina Tran Lydster

Maria Moncada Alaoui, Omar Alaoui

Sami Khaleeq, John Elias, Harriet Gertner, Miss Houston Samantha Havenstrite

Maria Moncada Alaoui

Co-chair Qiana James

Johnte' Archer-Adotama, Dr. Angela Jones, LaMonica Orr-Love

Lissette Kadlecek, Victoria Tai

Melanie Dinh, Thuylinh Nguyen

Johnte' Archer-Adotama

WISH
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WERE
HERE

Crystal Sarmiento, Perla M. Guerra, Rashena Franklin

Dr. CleRenda McGrady

Justina & Dalvin Glover

Mama Mai, Ciel Dancers

OF THE YEAR
AWARDS
Larry and Jane Wagner

OF THE YEAR
AWARDS
John & Anna Reger

Deborah Duncan, Clare E. Fontenot

Sasha Libby & Dr. Peta-gay Ledbetter

EXIT
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